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PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. COMMUNITY

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NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

Maps of JB MDL

Joint Base McGuire-Dix-Lakehurst maps are posted at www.jointbasemdl.af.mil.

Report Any Suspicious Activity

Joint Base Police Department urges community members to stay vigilant and report any suspicious activity to 562-6001.

Military and Family Support Center Ribbon Cutting Ceremony

The Military and Family Support Center team is set to host a ribbon cutting ceremony 1:30 p.m. today for the official opening of their new facility at 3435 Broidy Rd. The event will include a tour of the building and light refreshments. Call 754-3154 for more information.

Quilts for Kids event

The 87th Force Support Squadron is set to host a Quilts for Kids event from 11 a.m. to 3 p.m. Dec. 8, 2012, at 6039 Philadelphia St. Make quilts for children who are in long-term health-care or safe houses children of deployed Soldiers; and for wounded warriors. Call 562-5691 for more information.

2012 Army vs. Navy Flag Football Game and Tail Gate Party

The 2012 Army vs. Navy Flag Football Game and Tailgate Party is scheduled for 5 p.m. Dec. 8, 2012, at 484 Walsh Dr. Kickoff time is 3 p.m. Doors open at noon, lite bites and beverages are available for purchase. Seating is limited. Call (732) 323-7266 for more information.

Budgeting Resolution

The Military and Family Support Center is scheduled to host a budgeting resolution seminar from 1 to 2:30 p.m. Dec. 10, 2012, at 488 Walsh Dr. The seminar is set up to help community members learn how to start a budget and stay on track for the New Year. Call (732) 323-1248 for more information.

Troops to Teachers

The McGuire Education Center is set to host a Troops to Teachers briefing from 9:30 to 10:30 a.m. Dec. 11, 2012, at 3435 Broidy Rd. Preregistration is required. Call 754-3154 for more information.

Family Gingerbread House Day

The 87th Force Support Squadron is set to host its annual Gingerbread House class from 10:30 a.m. to noon Dec. 11, 2012, at 6039 Philadelphia St. Children of all ages will enjoy this sweet holiday treat. Gingerbread House kit and candy for decoration are included in the \$15 fee. Preregistration is required. Call 562-5691 to register or for more information.

Lakehurst Quarterly Birthday Luncheon

The Lakehurst Quarterly Birthday Luncheon will be from 11:30 a.m. to 1 p.m. Dec. 12, 2012, at the Cyber Café, located at 123 Severnys Rd. The luncheon will celebrate October, November and December birthdays for all active-duty personnel. Seating is limited. Call (732) 323-2405 for more information or to reserve a seat.

Holiday Cookie Drive

The Joint Base McGuire-Dix-Lakehurst spouses are set to sponsor the Annual Holiday Cookie Drive from 7 to 11 a.m. Dec. 13, 2012. Cookies can be dropped off at the Dix Chapel (packaging center), 5240 New Jersey Ave, McGuire Chapel, 2503 E. Arnold Ave; The United Communities, 3700A Circle Drive, or the Military and Family Support Center at 488-2 Walsh Dr. The goal is to collect 18,000 cookies to distribute to dorm residents and troops mobilizing and demobilizing at JB MDL during the holidays. Cookies will be packaged in special holiday wrap for distribution. Call (813) 362-6544 for Dix or McGuire or (732) 323-4760 for Lakehurst to volunteer to collect or package cookies.

99th RSC and ASA-Dix Safety Stand Down

The 99th Regional Support Command and Army Support Activity-Dix is set to host a two sessions Safety Stand Down Day from 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. Dec. 13, 2012 at 5441 Pennsylvania Ave. Guest speaker is Keni Thomas of 'Black Hawk Down'.

Bundles for Babies

The Military and Family Support Center is set to host a Bundles for Babies class from 9 to 11 a.m. Dec. 13, 2012, at 3435 Broidy Rd. A comprehensive review of services will be available for parents and babies. Each family will receive a gift for their baby or babies. All branches of service are welcome. Preregistration is required. Call 754-3154 for more information.

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Service members and volunteers offloads toys from "Fat Albert," the Blue Angels' C-130 Hercules, Dec. 3, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. Fat Albert flew in with a cargo bay full of toys from the Marine Toys for Tots campaign. Toys R Us, Hasbro and Lockheed Martin were among the many contributors to the cargo that was intended for children in the tri-state area affected by Hurricane Sandy. The toys were loaded into trucks for distribution throughout the region. (U.S. Air Force photo by Wayne Russell/Released)

Blue Angels deliver toys to Sandy victims

By 2nd Lt. Alexis McGee and Chief Petty Officer Russ Tafuri
Joint Base McGuire-Dix-Lakehurst Public Affairs and Navy News

Marine Aircraft Group 49 Marines worked alongside other joint base service members to host a "Mission to Save Christmas" holiday event Dec. 3, 2012, at the MAG-49 hangar.

The Blue Angel crew, who left from their home base of Naval Air Station Pensacola, Fla., made stops in Atlanta and Washington to pick up toys on the way to Joint Base McGuire-Dix-Lakehurst, N.J., where the toys would answer the need for children's gifts in this area of the country.

For many residents of the Northeast, Hurricane Sandy has put celebrating the holidays on the back burner, replaced by a different set of priorities. One family in particular was invited to the joint base airfield so the Toys for Tots effort could bring some Christmas joy to their children.

Heather and Peter Sabey, whose entire first floor of their home in Tom's

River, N.J., was flooded during the storm, said their daily activities are now tied up with trying to restore some sense of normalcy to their lives and the lives of their children.

The Sabeyes said they are busy taking care of recovery efforts in their home and driving children to and from school so the holiday season has taken on a different meaning this year.

"Going Christmas shopping for our kids has taken the back seat to us making calls to insurance companies and trying to get our lives back," said Heather Sabey. "So I think receiving Christmas presents thanks to Toys for Tots today is going to be huge for our kids to feel the love and the joy of the season from all over the country."

According to Peter Sabey the Toys for Tots effort takes a lot of burden off them and other parents in the area who are unable to provide a typical

See TOYS, Page 6

Military Police to mobilize at JB MDL

By Capt. Antonia Edwards
174th Infantry Brigade Public Affairs

Joint Base McGuire-Dix-Lakehurst will soon add police mentorship and the law and order mission to its vast spectrum of maneuver, fires and effects training in an aim to balance mission sets and numbers of troops deploying at each First Army Mobilization Force Generation Installation.

"(Military Police) have trained here before and it's no wonder they are coming back," said Sgt. 1st Class Raymond Alston, 174th Infantry Brigade reserve military police officer and noncommissioned officer in charge with the Modern Army Combatives Program. "We trained security and detainment operations for years and our brigade has a good foundation of military police trainer-mentors."

Alston has been a New York Police officer for more than eight years in addition to being a trainer/mentor.

1st Battalion, 307th Infantry Regiment, is the lead on implementing the new MP training. Training the mentorship mission is every trainer's job. Soldiers similar to Alston, within the formation and with similar specialized skill sets, will be called upon to assist with the law and order mission specific training. "Our trainers are observing and



Army Military Police execute a detainee operation at the training ranges at Dix. Joint Base McGuire-Dix-Lakehurst, N.J., will soon add police mentorship and the law and order mission to its vast spectrum of maneuver, fires and effects training in an aim to balance mission sets and numbers of troops deploying at each First Army Mobilization Force Generation Installation. (U.S. Army photo by Staff Sgt. Russell Klika/Released)

assessing the MP training at Fort Bliss this November," said Maj. Jeff Giltzow 174th Infantry Brigade operations officer. "We are working alongside the current trainers

during a police mentorship mission specific exercise and a law and order rotation at Bliss, to bring back the specialized skills."

Giltzow added that this would assist in tailoring their MP training packages to execute and certify training at JB MDL.

See POLICE, Page 8

Strong, positive leaders

The stripes, bars, oak leaves, eagles and stars on our uniforms tell the world that we are leaders. Strong, positive leadership is crucial in today's ever changing Air Force.



2

Innovative parts cleaner

A new environmentally-friendly way to clean aircraft wheel bearings and other critical components that can't be exposed to water is expected to be complete by the end of the year here.



4

General redesignates division

Brigadier General John H.H. Turner III, Atlantic Division, 75th Training Command (Mission Command), speaks during the 2nd Brigade 75th Training Division (Mission Command) redesignation ceremony.



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The Weekend Weather

Today
High 51/Low 44
Mostly Cloudy



Saturday
High 61/Low 44
Mostly Cloudy



Sunday
High 51/Low 48
Rain





Sailors and Marines salute the USS Arizona Memorial as the amphibious assault ship USS Peleliu enters Pearl Harbor for a port visit Sept. 24, 2012. Peleliu is the flagship of the Peleliu Amphibious Ready Group on a deployment of the western Pacific region with the amphibious transport dock ship USS Green Bay and the amphibious dock landing ship USS Rushmore. (U.S. Navy photo by Mass Communication Specialist Seaman Dustin Knight/Released)

Deputy commander learns from Pearl Harbor

By U.S. Navy Capt. Bill Bulie
Joint Base McGuire-Dix-Lakehurst
deputy commander

Sunday, Dec. 7, 1941. President Franklin D. Roosevelt called it "a date which will live in infamy." The Japanese Navy's surprise attack on Pearl Harbor shook America to its foundation. The attack killed 2,400 Americans, injured more than 1,280, damaged all eight of the U.S. Navy's Pacific Fleet battleships (four sank) and resulted in the United States formally declaring war on Japan 24 hours later. Although the attack was a tremendous tactical victory, it proved to be a strategic miscalculation that ultimately led to the Japanese surrender aboard the USS Missouri in 1945.

For me, commemorating the attack means remembering and reviewing the lessons I take away from that fateful day 71 years ago.

Never underestimate the bravery and perseverance of U.S. Soldiers, Marines, Sailors, Airmen and Coast Guardsmen. Although caught off guard that early

Sunday morning and facing continued attack, American servicemen quickly organized and responded to their battle stations. One of the most notable was Mess Attendant 3rd Class Doris "Dorie" Miller, a young African American Sailor from Waco, Texas. He was collecting laundry aboard the USS West Virginia when the attack started. Finding his assigned battle station destroyed when he reached it, he immediately headed to the main deck to do whatever he could to help save his ship and shipmates. He was carrying wounded Sailors to safety when an officer ordered him to the bridge to assist the ship's wounded captain. When there was nothing more he could do for the captain, he manned a .50-caliber anti-aircraft machine gun, a weapon he had never been trained on and began targeting Japanese aircraft. Lack of training did not stop him. For his extraordinary courage that day, Miller earned the Navy Cross, which was personally presented to him by Admiral Nimitz.

American innovation and

resourcefulness are as crucial to our national defense today as they were in 1941. Naval warfare was changed forever on Dec. 7, 1941. The Japanese attack ended the tenure of the battleship as the centerpiece of naval power and ushered in the age of the aircraft carrier – an era that, 71 years later, has no end in sight. The Japanese attack caught all eight of the US Pacific Fleet's battleships in port. With four of the eight battleships sunk and the others badly damaged, American naval strategy immediately shifted to the Pacific Fleet aircraft carriers, none of which were in port during the attack.

The Battle of Midway was fought six months after the attack on Pearl Harbor, between opposing carrier battle groups. It was the first naval battle conducted where ships of the opposing fleets never came within visual range of each other. Although outnumbered by a ratio of 2 to 1, the U.S. fleet had the advantage of American code-breakers intercepting Japanese battle orders and allowing U.S. forces to decisively defeat Japanese forces. Today, our

aircraft carriers continue to allow us to project American power persistently around the globe.

The Japanese Navy's attack on Pearl Harbor ended the commonly held American belief that the Pacific and Atlantic oceans would act as "moats" protecting our country from attack. The attack also provided a lesson to the rest of the world: when attacked, America will respond with all the awesome power it wields. That lesson was ignored by the sponsors of violent extremism, who were forced to relearn it following the attacks of Sept. 11, 2001.

On this Pearl Harbor Day, remember those that responded to the surprise attack that day 71 years ago and fought on in the face of terrible destruction, displaying amazing bravery and selfless acts of courage. I hope that I will respond in the same way if faced with a similar situation. If you know or meet a World War II veteran, thank them for their service and ask them to share their stories – they are a national resource that is dwindling too quickly.

Joint base community members should exercise holiday sensitivity

By Steven Goldman
Joint Base McGuire-Dix-Lakehurst
Equal Opportunity

The holiday season is here and many people are currently planning for festivities and fun times. While planning your events and spreading the word, keep in mind the diversity factor of the individuals within your organization. Remember, everyone does not celebrate Christmas and try to be proactive and sensitive to the needs of all.

Instead of saying "Christmas party," how about using the inclusive term, "holiday party?" Changing one word may put people at ease, not to mention increase participation at your event. Individuals who are not of Christian faith may not feel comfortable attending a "Christmas" party. Extending an invitation to a holiday party for squadron personnel would be culturally appropriate and appeal to your entire organization. You may say to yourself, "well, this sure sounds petty to me. A party is a party!" But accommodating the religious

beliefs of all personnel is the right thing to do. It builds cohesion; a good thing for any unit whether in garrison or deployed.

Many festive celebrations are observed throughout the month of December. In spite of the different celebrations, they all have common ties such as fellowship amongst family and friends, the sharing of gifts, food, fun and a sense of belonging. Holiday parties often bring about many brilliant decorative ideas. Unfortunately, most individuals only think of Christmas decorations. Well, how about Hanukkah, Kwanzaa, and Yule? Try to include a varied selection of decorations to enhance your party. Little accommodations can go a long way. This article by no means includes all of the observances and festivities celebrated during this time of year. However, these observances can serve as a building block and stimulate an awareness for the holiday season – an awareness that can guide us into the new year.

As a final helpful reminder during the holidays

and throughout the year, commanders and supervisors should keep in mind the Department of Defense Directive, 1300.17, Accommodation of Religious Practices Within the Military Services. The directive states a basic principle of our nation is free exercise of religion. The DoD places a high value on the rights of members of the Armed Forces to observe the tenets of their respective religions. It is DoD policy that requests for accommodation of religious practices should be approved by commanders when accommodation will not have an adverse impact on military readiness, unit cohesion, standards, or discipline. The following goal of worship services, holy days, and Sabbath observances should be considered and accommodated, except when precluded by military necessity.

Contact chapel staff at 754-4673 or the Joint Base McGuire-Dix-Lakehurst Equal Opportunity office at 754-2657 for any questions or if additional guidance is needed. Seasons Greetings and Happy Holidays from your Equal Opportunity team.

Strong, positive leaders engage Airmen

By Col. Jason Beck
51st Security Forces Squadron
commander

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – The stripes, bars, oak leaves, eagles and stars on our uniforms tell the world that we are leaders. Strong, positive leadership is crucial in today's ever-changing Air Force and the rank on our uniform illustrates visible symbols of our leadership authority that the Air Force has placed on us. But being a leader consists of much more than the rank that you wear on your uniform. I have been fortunate in my career to be surrounded by phenomenal leaders. The lessons I learned from them helped me develop into the officer I am today. I pass these "essentials" of leadership on to you in the hopes that they help you as much as they have helped me.

Remember, you are a leader 24/7, in and out of uniform, on and off base – not just when it is convenient for you. When your Airmen are working hard, don't spare yourself, do the same and set the example. Leadership by example isn't something you can delegate.

You must demonstrate it daily. Clock watching shouldn't happen, especially in today's "do more with less," resource-constrained environment.

As a leader, it's your responsibility to create an atmosphere of mutual trust and confidence in your unit. While being honest with others is paramount, you also have an obligation to be honest with yourself. Don't do things just to make yourself look good in front of the boss. If this is your idea of being a good leader, you've lost before you've even started.

It's imperative we leaders get actively involved in the lives of our Airmen. Demonstrate through actions, not words, that you care about your Airmen and about the conditions they live and work in. Always accept total responsibility for any organizational failures and remember, leaders fix mistakes and never blame others.

Organizations achieve success by having responsible "doers," not dreamers. Large projects and meaningful achievements are accomplished by brave Airmen in the trenches, not by those who watch from a distance; not by the fans in

the stands but by the focused, committed players and coaches on the field; not by those leaders who stay in the middle of the road where things are safe but by those leaders who get off the fence of indecision, even though their decisions are sometimes unpopular. Be a leader and take the decisive action needed; earn your rank every day.

Set standards high and insist everyone else measure up. Haircuts, uniform wear, basic customs and courtesies; these may not be at the top of your priority list as a leader, but if these small details start falling off in your organization, it won't be long before things such as discipline and job performance begin to suffer. Ensure you work hard for your subordinates – they deserve the best and count on you to set the right tone in your unit.

Communicate with your Airmen daily. Be able to articulate how the role of each Airman contributes to the unit's mission and how that mission fits into the role of the wing. Know your role and ensure your Airmen are intimately familiar with theirs. Communicate with your Airmen in their work centers, not yours, make yourself available and

take the message to them. As hard as it can be, always take the time to leave your desk and make yourself visible in their work areas to demonstrate genuine concern for what your Airmen are doing and thinking. Listen. Airmen are full of great ideas, but they won't see the light of day if a positive communication climate is not established and fostered.

Above all, be honest with your subordinates and superiors. Tell it like it is and insist that your Airmen do the same. There are few things that can be more disastrous to the dynamics of an organization than "yes" people, half-truths and a lack of integrity.

I sincerely hope that you've had the good fortune to be surrounded by great leaders in your career like I have. There are as many principles of good leadership as there are people who serve as leaders. However, that doesn't diminish the importance of strong, positive, engaged leadership.

As a leader, it is imperative you select and carry out the principles that work the best for you and your Airmen.

COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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www.jointbasemdl.af.mil



MFSC offers one-stop service

By Pascual Flores
Joint Base McGuire-Dix-
Lakehurst Public Affairs

Joint Base McGuire-Dix-Lakehurst recently completed construction on the Military and Family Support Center, a \$7.6 million facility built to help provide service members and their families with targeted support and services, contributing to mission readiness, resiliency and well-being of the JB MDL community.

The new facility merges the Airman and Family Readiness Center, Navy Fleet and Family Support Center and Army Community Service into one to support all service members and families, regardless of military affiliation.

"Our primary focus is supporting our service members and their families," said Bettie Kuzmick, MFSC chief. "We follow the best practices from every service branch."

The Deputy Assistant Secretary of Defense (Military Community and Family Policy) signed a Memorandum of Agreement into effect a changing 'Warfighter and Family Services' programs and centers for all military service components to 'Military and Family Support Center' March 17, 2011.

The 18,000-square-foot facility is the only one of its kind throughout the Department of Defense and will create a one-stop military and family support service center that provides counselors and professionals from all branches of the military in the areas of: transition assistance,

relocation services, volunteer information, financial skills development, casualty assistance, wounded warrior support, family life education, emergency financial assistance, school liaison support, exceptional family member program and personal and family readiness.

"The facility will also provide child and youth programs central enrollment registration, a nutritionist, family child care coordinator and youth program instructional program coordinator," said Kuzmick.

The new MFSC building replaces the Army Community Center and Central Registration buildings on Dix — which started out as horse stables to support the cavalry — and the McGuire building that was once a cafeteria, museum and the base welcome center before transitioning to the WFRC.

Prior to any organized program, assistance to service members and their families were conducted by volunteers who provided help to those in need.

"First there were volunteers who helped the families in need and then it grew to assistance from community organizations, to military spouses, to the professional services currently employed," said Kuzmick.

Food processing is another change in the new building. Originally, military bases had food pantries for families in need. This practice has been replaced with a food voucher system for pantry goods.

"We want to be respectful to the choice of our customers," Kuzmick added.

Even with the merger of the separate facilities into the MFSC, the missions have not changed.

"We are bringing over the best

programs from both centers," said Amada Espinoza, community readiness consultant. "To us, it is people first."

Espinoza coordinated the International Spouses Group for almost 20 years, and is actively engaged in Citizenship and Immigration Services.

"Today more people are aware of our immigration services, which is great, because when they use these services they can save money," said Espinoza.

"And in the past months, we have had more people join our International Spouses Group."

Other facilities available to service members and their families include the Soldiers and Family Assistance Center on Dix that provides a one-stop resource shop for services that partner with the Warrior Transition Unit and Navy Fleet and Family Services on Lakehurst.

"We don't say no, we are here to assist our service members and

their families," said Espinoza.

The MFSC hours of operation are 7:45 a.m. to 4:30 p.m. Monday through Friday. Call 754-3154 for more information about the MFSC and the services they provide.

The new MFSC will officially open with a ribbon-cutting ceremony from 1:30 to 2:30 p.m. today at 3435 Broidy Road on McGuire. The joint base community is invited to attend the ceremony and tour the new facility.



A fully-equipped kitchen is one of the many benefits to the new Military and Family Support Center. The new kitchen will help the MFSC staff support service members and their families. (U.S. Air Force photo by Kim Wright/Released)



The staff of the new 18,000-square-foot Military and Family Support Center prepares the reception area for the ribbon cutting ceremony today. The facility is fully furnished and equipped to provide support to service members and families. (U.S. Air Force photo by Kim Wright/Released)



The new Military and Family Support Center Facade shines in the sunlight. The MFSC welcomes service members and families to the ribbon cutting ceremony held from 1:30 to 2:30 p.m. today at 3435 Broidy Road on McGuire. (U.S. Air Force photo by Kim Wright/Released)

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JB MDL Protestant Chapel Ministries
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Sailor promotees stand at attention awaiting the reception of their new rank Nov. 30, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. The JB MDL community would like to congratulate the following Sailors on their promotion. The below list represents the Sailors newly promoted rank:

Master-at-Arms 1st Class Robert Calabro
87th Security Forces Squadron Operation Specialist 1st Class Darren Grant
87th Force Support Squadron Master-at-Arms 1st Class Brian Lang
87th Security Forces Squadron Aviation Support Equipment Technician 1st Class Michael Rodriguez
305th Operations Support Squadron Aviation Boatswain's Mate (Fuels) 2nd Class Jaqueline Baker
305th Operations Support Squadron Electronics Technician 2nd Class Matthew Feldt
305th Operations Support Squadron Air Traffic Controller 2nd Class Derek Ferguson
6th Airlift Squadron Aviation Boatswain's Mate (Fuels) 2nd Class Nikita Festin
Air Operations Air Traffic Controller 2nd Class Keith Green
87th Civil Engineer Squadron Air Traffic Controller 2nd Class Michael Lowe
87th Force Support Squadron Electronics Technician 2nd Class David Reed
305th Aerial Port Squadron Master-at-Arms 2nd Class John Winjum
87th Security Forces Squadron Master-at-Arms 3rd Class Francisco Cota
87th Security Forces Squadron Master-at-Arms 3rd Class Honorae Nelson 87th Security Forces Squadron (U.S. Navy courtesy photo)

JB MDL congratulates Navy promotees



Innovative parts cleaner in development at NAWCAD

By Lawrence Lyford and Brian Serraille
Naval Air Systems Command Public Affairs

A new environmentally friendly way to clean aircraft wheel bearings and other critical components that can't be exposed to water is expected to be complete by the end of the year here.

The land-based and shipboard system will save time, money and labor as it replaces the old system that was headed for obsolescence.

Naval Air Warfare Center Aircraft Division-Lakehurst has been replacing existing solvent washer units at designated land-based activities and in the fleet at the rate of six per month since installation began in August 2011.

Naval Air Station Lemoore and other California Naval activities were not able to perform the basic maintenance with old solvents that did not comply with air quality regulations.

The Clarus PCS-10 uses agitation in a turbulent solvent bath which doesn't pollute.

"Expected benefits from the new system are excellent solvency, corrosion inhibition, low toxicity fast drying times, high flash point and minimal odor," said Christopher Mahendra, project engineer. "It is simpler in terms of both supportability and

training to develop a common, flexible unit for all of the Naval activities engaged in similar processes."

The PCS-10 was designed and tested to meet shipboard shock, mechanical vibration and electromagnetic interference requirements. It is being installed on ships and at Fleet Readiness Centers.

One challenge during testing was meeting the Volatile Organic Compound emission requirements for solvent cleaning units. At the inception of the PCS-10 project, the air quality control district in the Central Valley of California, the controlling regulatory body for the air pollution standards that Naval Air Station Lemoore must follow, had the most stringent requirements.

"Older units would result in a waste volume that would need to be disposed of, with an associated cost that could be substantial depending upon whether it was classified as hazardous or non-hazardous due to heavy metal content and the local disposal regulations," said Mahendra.

Teams from Lakehurst's common support equipment competency team and contractors traveled to install the units and so far, response has been positive.

"From the fleet comments, I have gotten back,

and from my own surveys of the previous cleaning operation, as this unit is much more automated there will be substantial labor savings," Mahendra said. "Labor savings translate into cost savings."

91 new solvent cleaning units will have replaced 20-year-old washers and dryers when installation is complete.

This is important because aircraft wheels accelerate from zero to 180 knots or more, in seconds. They bear the aircraft's weight on landings and deceleration force from touchdown to stop in just a few seconds. All the while, critical bearings make each forced motion possible.

Tolerances are such that no critical part may come in contact with water. The only liquid these critical parts ever contact is a solvent designed to penetrate heavy grease, dirt and bits of corrosion suspended in the grease and carry them all away. Only the solvent returns after being filtered from the rest in the Clarus PCS-10. It must be sprayed again from many directions while the basket of critical items is repeatedly raised and lowered, targeting all the hard-to-reach surfaces.

The PCS-10 brings immediate changes aboard ship. Sailors aboard ship no longer carry cleaned

parts to another unit across a maintenance room to dry them. Instead, they clean the parts and remove them dry from the new self-contained unit for evaluation, repacking with grease and re-use.

"The installations we do aboard ships take two to three weeks," said Dan Burton, corrosion control installation lead at NAWCAD-Lakehurst. "Initially, there is hesitation as we represent change but by the time we complete the installations and operator training, they love us and the solvent parts washer." The new system moves them from a manual, 20-year old units, requiring constant re-setting to completely automated ones that even clean faster.

"In a year and a half, we have had no complaints about the washer or our training," Burton said. "By the time we leave the ship, all sailors that would need to use the unit are fully capable of operating the parts washer."

Burton knows the team has made Sailors' lives better, more productive and safer when he leaves the ships.

"In addition to aircraft wheel bearings, anything small enough to fit into the load basket and below the weight limit that cannot be exposed to water can be cleaned in this unit," Mahendra said.

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Coast Guard supports derailment operations

By Airman Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

The U.S. Coast Guard Atlantic Strike Team here deployed to sustain the Incident Support Command for a derailed train Nov. 30, 2012, in Paulsboro, N.J.

Approximately seven freight cars transporting chemicals derailed after the Mantua Creek rail bridge crossing collapsed in Paulsboro Nov. 30, 2012, three of them falling into the creek. The freights were transporting vinyl chloride, an industrial chemical primarily used in making polyvinyl chloride. A half-mile radius evacuation zone was issued for local residents.

The AST supplied the operation sections chief and safety officer for the ISC in addition to logistical support including planning operations.

"We are just one of several agencies that took the reins to

structure the ISC," said Lt. Joel Ferguson, AST operations officer. "The different types of logistical support we provided include initial response support, planning and safety."

Members of the AST are currently assisting Coast Guard sector Delaware with logistical support by arranging meetings with the mayor and councilman of Paulsboro.

"We have six Coast Guardsmen at the location: a safety officer, operation section chief, two Coast Guardsmen in the planning section and two Coast Guardsmen patrolling the safety zone in a 65-foot cutter called the 'Cleat,'" said Lt. Annjea Cormier, AST Chemical Division safety officer.

The AST provides specific expertise in hazard mitigation and knowledge of unified command structure. The team will continue with operations until cleanup is finished.



Sector Delaware Bay responder assesses a train derailment Nov. 30, 2012, in Paulsboro, N.J. The train, reported to be carrying vinyl chloride, derailed after the Mantua Creek railway bridge crossing collapsed. (U.S. Coast Guard photo by Petty Officer 3rd Class Cindy Oldham/Released)



Air Force Chief of Staff Gen. Mark A. Welsh III talks with Senior Airman Michael Walker, 91st Security Forces Operations Squadron, during a tour of the U-01 launch facility trainer here, Nov. 21. The tour was part of Welsh's first visit to Minot since becoming the chief of staff. (U.S. Air Force photo by Airman 1st Class Andrew Crawford/Released)

CSAF directs Air Force-wide inspection

WASHINGTON — Commanders across the Air Force will conduct health and welfare inspections starting Dec. 5 to emphasize an environment of respect, trust and professionalism in the workplace.

The health and welfare inspection is a tool routinely used by unit commanders, command chiefs and first sergeants.

Air Force Chief of Staff Gen. Mark A. Welsh III tasked commanders during the Nov. 28 Wing Commanders Call to examine their work settings and ensure Airmen at all levels consistently apply standards of professionalism and respect across the service.

"Over the past months, I've discussed with our commanders, leaders and supervisors about the importance of pride and performance," said Welsh. "When Airmen work in a setting that is consistent with our core values of integrity, service and excellence, they perform with honor and distinction — they deserve nothing less. Anything short detracts from that pride and cripples mission effectiveness."

The purpose of this inspection is to reinforce expectations for the workplace environment, correct deficiencies and deter conditions that may be detrimental to good order and discipline. Commanders will look for and remove unprofessional or inappropriate items that hinder a professional working environment.

"This is about commanders being commanders," Welsh said. "The underlying principle for the inspection is our core values, and the bottom line is that it's the right thing to do."

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Domestic violence incidents increase against pregnant women

By Sara Kucharski
Joint Base McGuire-Dix-Lakehurst
Family Advocacy Program office

Domestic violence does not discriminate and is a common public health concern, especially for pregnant women.

There are approximately 324,000 pregnant women who report intimate-partner violence each year. These numbers are probably higher due to the fact that many incidents which go unreported to authorities. The possible correlation for an increase in IPV and pregnancy could be due to unintended pregnancy, delayed prenatal care and health risk behaviors such as alcohol, tobacco and drug abuse according to the CDC.

Many women blame themselves or do not see themselves as a victim, which results in underreporting. Abuse can be physical, sexual, emotional, neglectful and financial. Physical abuse

to a pregnant woman is associated with a high incidence of miscarriage, low birth weight, birth defects and possible death. Even after the baby is born, this child often becomes another victim in the circle of violence.

Anyone who is being abused or who knows a pregnant woman who is in an abusive relationship should contact a member of the Family Advocacy Program. People who are in an abusive relationship should talk with a healthcare provider who can provide referrals to appropriate agencies that provide the help and support victims need. Make a plan for any emergency to include knowing how to contact Family Advocacy and other agencies such as Providence House. Relatives or friends of pregnant women who are being abused should remain nonjudgmental, offer help and be supportive.

Contact Family Advocacy Program personnel at 754-9680 or (732) 323-1963 for more information or to speak to a domestic violence advocate.

Prepare vehicle for winter

By 87th Air Base Wing
Safety Office

The cold months are here and it's time to prepare. Winterizing vehicles now could save drivers from mishaps later, or better yet, it could save lives. The following precautions may help to avoid getting caught unprepared this winter:

Winterizing a vehicle:
• Check the exhaust system for leaks. A faulty system may allow carbon monoxide to enter the vehicle.

- Ensure the car battery is completely charged because the cold draws more power.
- Check the operation of lights and signals. See and be seen.
- Ensure defroster and heater are working properly to keep the windshield clear.
- Ensure the vehicle brakes are in good condition.
- Inspect wiper blades, belts and hoses for dry rot.
- Be sure to have all-weather tires. Winter tires may or may not be needed here, but it's best to be

prepared.

- Be sure the spare tire for the vehicle is ready for use.
- Winterize all fluids.

It is recommended to keep a winter survival kit in the trunk of the vehicle. This should include: a blanket, water, flashlight, extra cell phone battery, portable radio and kitty litter or sand (to use as traction in case you get stuck).

Visit the base Firestone or the Auto Hobby Shop for assistance with winterizing a vehicle.

Exchange gift cards personalize care packages for every Family member

By Chris Ward
Army and Air Force Exchange
Service Public Affairs

According to a recent National Retail Federation survey, six in 10 shoppers polled said they'd like to receive gift cards this holiday season, the most in the survey's history. Whether in Afghanistan or Alaska, service members also appreciate the value of a gift card during the holidays. Fortunately, Americans wishing to send support always hit the mark when sending an Army and Air Force Exchange Service gift card.

"By sending an Exchange gift card, troops are empowered to choose items that make their life easier wherever they are called to serve," said Chief Master Sgt. Tony Pearson, The Exchange's Senior Enlisted Advisor. "Whether it's tacos, televisions or even just a tank of gas, Exchange gift cards personalize troop support."

While only authorized military shoppers can redeem Exchange gift cards, any American can send one by simply calling (800) 527-2345 or logging on to www.shopmyexchange.com and clicking "Support Your Troops" and then the "Gift and Calling Cards" icon.

From there, Exchange gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to "any service member" through the Fisher House Foundation, Air Force Aid Society, Warrior and Family Support Center or Navy-Marine Corps Relief Society.

The Army and Air Force Exchange Service is a joint non-appropriated fund instrumentality of the Department of Defense and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the

Service Chiefs of Staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. To find out more about the Exchange history and mission or to view recent press releases please visit our Web site at <http://www.shopmyexchange.com>.

Toys

Continued from Page 1

Christmas to their children this year because of the devastation from the storm.

"It's great to see people come together during this time of hardship," said Sabey.

"It's also great to see that not only my kids but many kids in the community here are going to get that Christmas they hoped for thanks to Toys for Tots."

Col. Robert Tobin, MAG-49 commander, welcomed and thanked the audience members following the aircraft's arrival. He also expressed his significance Toys for Tots plays in children's lives.

"We know from the smiles on the children's faces, from the grateful appreciation of their parents, that the simple gift of the shiny new toy, something that many people take for granted nowadays, can make a tremendous difference on the life of a child," said Tobin.

President and Chief Executive Officer for the Marines Toys for Tots Foundation, retired U.S. Air Force Lt. Gen. Pete Osman, stated that having a working relationship with the Blue Angels serves a vital mission for the Toys for Tots program.

"There's a great visibility in the Blue Angels program as far as it being a community outreach program much like Toys for Tots

is," said Osman. "So it really is a natural fit having the Blue Angels lend their support to Toys for Tots."

New Jersey Lieutenant Governor Kim Guadagno, who was also in attendance, thanked the joint base community members for their recovery efforts during Hurricane Sandy and being there when the community members needed them most.

"New Jersey has come to appreciate the men and women in uniform, especially here at the joint base," she said. "They were the line of service during Hurricane Sandy. They were the line of safety. They gave us all a sense of calm."

Guadagno emphasized the state and people of New Jersey will recover from the destruction caused by Hurricane Sandy.

"We need people to know that there is hope," she said. "And that's what the C-130 behind me represents."

"The best part of the event is joining up with the community," said Gurnery Sgt. James Fullarton, Fat Albert Airlines. "It is great seeing the different services come together to work as a community to help people in need."

The trucks left for their final delivery locations once the toys were loaded and the volunteers could smile with pride knowing their efforts would help bring smiles to the children of the Northeast impacted by the storm.

General redesignates Army training division



Brigadier General John H.H. Turner III, Atlantic Division, 75th Training Command commanding general, speaks during the division's redesignation ceremony Dec. 1, 2012, at the Doughboy Gym on Joint Base McGuire-Dix-Lakehurst, N.J. The command, formerly known as the 2nd Brigade, 75th Training Division, was renamed to the Atlantic Division, 75th Training Command, during the ceremony to harmonize the unit's name with other U.S. Army training commands. (U.S. Air Force photo by 2nd Lt. Alexis McGee/Released)

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NEWSNOTES

International Spouses Group Holiday Party

The Military and Family Support Center is set to host an International Spouses' Group Holiday Party from 11:45 a.m. to 2 p.m. Dec. 14, 2012, at 3435 Broidy Rd. Preregistration is required. Call 754-3154 for more information.

Air Force Enlisted Back-to-Basics Class

The McGuire Top 3 Mentorship Committee is set to host an Air Force Back to Basics Class from 8 to 11 a.m. Dec. 21, 2012, at 2610 McGuire Blvd. The class is designed to teach the value of each member to the mission and to help revitalize our service members to be better, more committed, productive and esteemed – both professionally and personally.

Seeking Tax Representatives

The 87th Air Base Wing Legal Office is seeking volunteers as tax representatives for the Tax Assistance Program at the Joint Base Tax Center. Participants will receive training as Volunteer Income Tax Assistants from an Internal Revenue Service representative. A short course regarding New Jersey State taxes will also be presented. Participation is open to all Department of Defense ID cardholders. VITA training will be scheduled during the second week in January. Call 754-2010 for more information.

Commissary Holiday Hours of Operation

The Commissary will be open 7 a.m. to 3 p.m. Christmas Eve, closed Christmas Day, open 7 a.m. to 8 p.m. New Year's Eve and closed New Year's Day.

Military Family Action Plan Conference

The Joint-base leadership is set to host the Military Family Action Plan Conference from 7:45 a.m. to 4:30 p.m. Jan. 23, 2013, at the Timmermann Center. The MFAP Conference provides a unique opportunity for all military personnel, family members, retirees and civilians to submit quality-of-life issues directly to the joint base commander for review and resolution.

JB MDL Thrift Shops

McGuire
The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently-used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Broidy Rd. Call 754-2368 for more information.

Dix
The Dix Thrift Shop hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3 to 7 p.m.

Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email fordixthrift@gmail.com for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

87 LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306/1381. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at 1757 West Arnold Ave., Room 166 on McGuire. Call 754-5154/4454 for supply parts issue requests / aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit www.drms.dla.mil for DRMO procedures.

Neighborhood Community Watch Meetings

The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcon Courts North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6663 for more information.

The Attic

The Attic is open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. as well as Tuesdays and Thursdays from 5 to 8 p.m. Donations are accepted during normal hours of operation. The Attic staff asks no one leave donations outside of the building. Call 754-8703 for more information.

Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse on McGuire. This event is open to all E-1s through E-4s. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours

The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

Crafty Birthday Parties

The Arts and Crafts center offers a chance for community members to host birthday parties at the center. Parties include two hours of party room use and one craft project with an instructor and all materials. Choose from a ceramic painting or plush animals parties. Call 562-5691 for more information.

Palace Chase and Palace Front Briefings

The joint base recruiter for the Air Force Reserves is set to host a briefing at 9 a.m. Wednesdays in Room 22 at 2916 Falcon Lane. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call 754-2918 for more information.

Home School Art Class

The Arts and Crafts Center offers a 10-week mixed media course for ages six and up. Five sessions of pottery and five sessions of fine arts are included. Call 562-5691 for more information.

Joint Base McGuire-Dix-Lakehurst Chapel Holiday Schedule 2012

Catholic Schedule

Dec. 8	Feast of the Immaculate Conception 5 p.m., McGuire Chapel
Dec. 24	Christmas Eve Masses 4 p.m., Dix Chapel (Children's Mass) midnight, Dix Chapel
Dec. 25	Christmas Day Mass 9 p.m., Dix Chapel
Jan. 1	New Year's Day Mass 9 p.m., Dix Chapel

Protestant Schedule

Dec. 12	Christmas Children's Program 6:30 p.m., Dix Chapel
Dec. 20	Christmas Concert 7 p.m., Dix Chapel
Dec. 24	Christmas Eve Candlelight Service 7 p.m., Dix Chapel
Dec. 31	Gospel Watch Night Service 11 p.m., McGuire Chapel

Contact the Chapel at 754-4673 for programs, faith groups, or special language needs not listed.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3927 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

Catholic
Tuesday through Thursday – 11:35 a.m. McGuire Chapel
Saturday – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Soldier's Chapel

Protestant
Sunday – 8:45 a.m. Traditional – Soldier's Chapel
Sunday – 9:45 a.m. Contemporary – North Chapel
Sunday – 11 a.m. Liturgical – Cathedral of the Air
Sunday – 11:30 a.m. Gospel – McGuire Chapel

Army Support Activity
Sunday – 7:30 a.m. LDS – Dix Chapel
Sunday – 7:30 a.m. Catholic – Dix Chapel
Sunday – 7:30 a.m. Protestant – Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m., call 609-754-HOPE (4673).

For assistance after duty hours call the command post at 609-754-3935 or 3936.



Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

BOX OF BLUES



[HTTP://WWW.MILDENHALL.AF.MIL](http://www.mildenhall.af.mil)

BY STAFF SGT. JUSTIN M. MAY

Police

Continued from Page 1

Army interment and resettlement training was a primary mission set for First Army instructors at the former Mobilization Training Center Fort Dix, N.J. The training shifted since 2008 to incorporate more sister-services mobilization training to include: Navy, Air Force and Coast Guard Deployment Expeditionary Force Training. Additional mission sets may soon follow suit as the 174th prepares to assume the Military Police Mentorship mission, and Law and Order DEF mission from its sister brigade at Fort Bliss, Texas, in January 2012.

JB MDL will assume an increased mobilization load with the addition of this mission set.

"Over the new two years or so, JB MDL is scheduled to assume more than a dozen other mission sets from its sister First Army Mobilization Force Generation Installations," said Col. Craig A. Osborne, 174th Infantry Brigade commander, during a brigade town hall meeting, Nov. 8, 2012.

Furthermore, with the scheduled drawdown in Afghanistan, the brigade is evolving its current Deployment Expeditionary Force focus to incorporate Contingency Expeditionary Force training. Building on war fighter and full spectrum exercises to incorporate ongoing CEF training requirements, the Patriot Brigade must meet the demands

of modern military operations and enduring support missions' simultaneously.

"CEF training gears the Reserve Component to play an active role in theater cooperation missions, to include the large-scale train-up exercises that prepare Soldiers for these events," said Giltzow. "Our brigade is the executing agent, facilitating collective training events, long-term sustainability training and readiness support to the Reserve CEF at home station and here at the mob site."

The 174th Infantry Brigade main task is balancing the DEF and CEF mission. All the while, the Patriot brigade has been designated to lead both on-site and off-site collective training events in support of the CEF mission. These missions range from leading a three-week Combat Support Training Exercise here at home, in early Summer 2013, to supporting a Mission Command Training Program for an Infantry Brigade Combat Team, at Fort Drum, N.Y., in late Summer 2013.

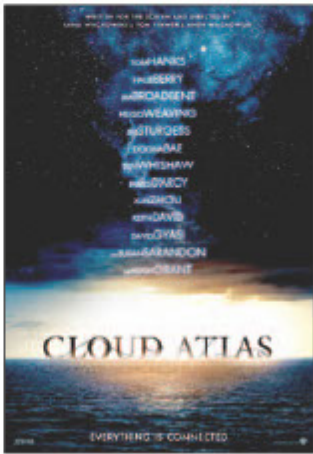
"It is an all-around, multi-faceted mission centered on training excellence," added Giltzow. "There's no one better for the job than the Patriot Brigade."

The primary mission of the 174th Infantry Brigade is executing mobilization training in accordance with theater and service-specific standards. Trainer-Mentors provide service members with different backgrounds and experience levels- the tools they need for deployment.

JB MDL Base Theater Movie Schedule



Tonight:
The Man With The Iron Fists
(R) 7 p.m.



Saturday:
Cloud Atlas
(R) 7 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Easy Fish Tacos

Delicious fish tacos full of flavor that are quick and easy to make. Serves 4.

Ingredients:

- 1/4 cup sour cream
- 2 tablespoons freshly squeezed lime juice
- salt and pepper to taste
- 1 jalapeno (cut in half)
- 2 1/2 cups red cabbage (shredded)
- 4 onions (diced)
- 2 tablespoons extra virgin olive oil
- 1 pound tilapia fillet strips
- 8 flour tortillas
- fresh cilantro for garnish

Instructions:

1. In a bowl, combine together the lime juice and sour cream, then add in salt and pepper and season to taste. Divide mixture in half, setting aside one half for later.
2. Dice half of the pepper and set aside.
3. In the same bowl with the sour cream mixture, add in all of the cabbage, onion, and remaining pepper. Mix well.
4. In a pan over medium heat, place olive oil and half of the pepper. Season fish to taste and fry the strips in the pan until golden, about five minutes. Remove pepper.
5. Warm tortillas before serving.

Recipes found at freerecipes.org



Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's a replica of Maj. Thomas B. McGuire's P-38 "Lightning" Fighter at Pudgy's Circle located near the McGuire Main Gate. McGuire was the second leading American Fighter Ace of all time with 38 enemy kills during World War II.

The Exchange's Special Holiday Hours

	Dec. 24, 2012	Dec. 25, 2012	Dec. 31, 2012	Jan. 1, 2013
Shopping Center Retail	7 p.m. to 5 p.m.	Closed	9 a.m. to 8 p.m.	10 a.m. to 6 p.m.
Concessionaires Activities	9 a.m. to 4:30 p.m.	Closed	9 a.m. to 8 p.m.	11 a.m. to 5 p.m.
McGuire Shoppette/Gas	6 a.m. to 7 p.m.	Closed	6 a.m. to 9 p.m.	Closed
Dix Shoppette/Class 6	6 a.m. to 7 p.m.	Closed	6 a.m. to 9 p.m.	9 a.m. to 7 p.m.
Military Clothing Sales	Closed	Closed	Closed	Closed
MCS Shoppette	Closed	Closed	Closed	Closed
Pomona Branch Store	Closed	Closed	Closed	Closed
Burger King	7 a.m. to 2 p.m.	Closed	10:30 a.m. to 4 p.m.	Closed
Manhattan Bagel	7 a.m. to 2 p.m.	Closed	7 a.m. to 2 p.m.	Closed
Anthony's Pizza	10:30 a.m. to 4 p.m.	Closed	10:30 a.m. to 7 p.m.	Closed
Captain D's	10:30 a.m. to 4 p.m.	Closed	10:30 a.m. to 8 p.m.	Closed
Cinnabon	8 a.m. to 2 p.m.	Closed	8 a.m. to 2 p.m.	Closed
Charley's Grill	10:30 a.m. to 6 p.m.	Closed	10:30 a.m. to 7 p.m.	10:30 a.m. to 5 p.m.
Manchu Wok	10:30 a.m. to 6 p.m.	Closed	10:30 a.m. to 6 p.m.	Closed

Joint Base Intramural Sports Standings

2012-13 Lakehurst Intramural Basketball			
Team	Win	Loss	GB
MAC ATTACK	1	0	0.0
CNATT	0	0	0.5
PDG	0	0	0.5
STOOPID GOOD	0	0	0.5
The Untouchables	0	0	0.5
The Destroyers	0	0	1.0

Game schedule	
Week 2	
Dec. 10 11:15 a.m.	PDG vs. The Destroyers
12:05 p.m.	The Untouchables vs. STOOPID GOOD
Dec. 11 11:15 a.m.	MAC ATTACK vs. PDG
12:05 p.m.	STOOPID GOOD vs. The Destroyers
Dec. 12 11:15 a.m.	The Destroyers vs. PDG
12:05 p.m.	STOOPID GOOD vs. MAC ATTACK
Dec. 13 11:15 a.m.	MAC ATTACK vs. STOOPID GOOD
12:05 P.M.	The Destroyers vs. The Untouchables
Dec. 14	MAKE UP DAY

All games played at Lakehurst Fitness Center

2012-13 Intramural Racquetball			
JB McGuire-Dix-Lakehurst			
Team	Win	Loss	PCT
305th MXS	0	0	0.000
621st CRW	0	0	0.000
87th CONS	0	0	0.000
87th MDG	0	0	0.000
Lakehurst-Gunners	0	0	0.000
VR-64	0	0	0.000

PCT = Winning percentage

Game schedule	
Week 2	
Dec. 13 3 p.m.	87th MDG vs. 621st CRW
4 p.m.	305th MXS vs. VR-64
5 p.m.	Lakehurst-Gunners vs. 87th CONS

All games played at McGuire Racquetball Ct.
Current as of Dec. 4.



The time has come to get Healthy!

The Health and Wellness Center offers numerous weight-loss and healthy-eating classes to get you in the best shape of your life. Call 754-2462 for more information.



Time to quit smoking?

The Health and Wellness Center can put you on track.
Call 754-2462 for more information.